Abstract of the Disclosure

An air spring and shock absorber assembly (22) includes an air spring (4) and a shock absorber (24). The assembly further includes a level control unit (18) in addition to an elevation sensor (20) for determining and adjusting the spring elevation (h_x) between the two end positions (h_1, h_2) and also includes a damper control (34) for adjusting the damping hardness given by the friction coefficient (ρ_x). In order to avoid impacts against the end-position buffers (38) also in the deflected or extended state, the friction coefficient (ρ_x) of the damper (24) is a function of the particular measured spring height (h_x). The damper characteristic line $\rho_x = f(h_x)$ is characterized by an increase of the friction coefficient (ρ_x) in the direction toward at least one of the end positions (h_1, h_2) of the spring (4). The damper hardening can be realized with the aid of a pressure increase in the damper (24) in the case of an air damper.